

## COURSE OUTLINE

### GENERAL

<b>SCHOOL</b>	School of Physical Education, Sport Science and Dietetics		
<b>DEPARTMENT</b>	Department of Physical Education & Sport Science		
<b>STUDY LEVEL</b>	Postgraduate Master Program		
<b>COURSE CODE</b>	API	<b>STUDY SEMESTER</b>	2 <sup>nd</sup>
<b>COURSE TITLE</b>	Practicum I		
<b>SELF CONTAINED TEACHING ACTIVITIES</b>	<b>WEEKLY TEACHING HOURS</b>	<b>COURSE CREDITS</b>	
Workshops, applied practice	18	6	
<b>COURSE TYPE</b>	Skill Development		
<b>PREREQUISITE MODULES</b>	None		
<b>TEACHING AND EXAM LANGUAGE</b>	English		
<b>COURSE IS AVAILABLE TO ERASMUS STUDENTS</b>	Yes		
<b>COURSE WEB PAGE (URL)</b>	<a href="https://eclass.uth.gr/courses/PE_P_201/">https://eclass.uth.gr/courses/PE_P_201/</a>		

### LEARNING OUTCOMES

<b>Learning Outcomes</b>
<p>At the end of this module students should:</p> <ul style="list-style-type: none"> <li>• Be able to prepare and organize applied sessions</li> <li>• Be able to efficiently apply needs analysis and set priorities to address clients' needs</li> <li>• Be comfortable applying the psychological techniques who are required to target a specific psychological skill</li> <li>• Be capable of reflecting upon their practice and develop self-awareness</li> <li>• Should be on their way to develop a personal approach and philosophy towards sport psychology consulting</li> </ul>
<b>General Competencies</b>
<p>At the end of this module students will develop competences involving:</p> <ul style="list-style-type: none"> <li>• Search for, analysis and synthesis of data and information, using the necessary technology</li> <li>• Adaptation to new situations</li> <li>• Decision making</li> <li>• Working independently</li> <li>• Working in a team</li> <li>• Project planning and management</li> <li>• Criticism and self-criticism</li> <li>• Promotion of free, creative and inductive thought</li> </ul>

### COURSE CONTENT

<ul style="list-style-type: none"> <li>• The workshop involves practicing the development of sport psychology interventions to enhance psychological skills in sport, exercise and physical education settings.</li> <li>• Students will pair up and fulfil two roles during the workshops (role-play of an applied session); that of the client and that of the consultant.</li> <li>• The key topics of the workshop include Need- Assessment, Goal setting, Relaxation, Self-talk, Imagery, and Routines.</li> <li>• Students will accomplish their workshops with their fellow-student, taking turns in the role</li> </ul>
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of the client and the consultant. At the end of each session the workshops will be discussed and experiences will be shared, about good and negative aspects. Furthermore, ideas will be generated to improve the students' skills and overcome possible barriers.

### TEACHING AND LEARNING METHODS - EVALUATION

<b>TEACHING METHOD</b>	In person	
<b>USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY</b>	E-class	
<b>TEACHING ORGANIZATION</b>	<b>Activity</b>	<b>Semester Workload</b>
	Workshops	18
	Individual and group meetings (applied exercises)	20
	Preparation of the sessions	75
	Reflection of the sessions	37
	Module Total	<b>150</b>
<b>STUDENT ASSESSMENT</b>	<ul style="list-style-type: none"> <li>• The detailed description of the case.</li> <li>• The workshop-log: Description and guideline of their workshops, so that others can comprehend the implementation of the workshops.</li> <li>• Reflection of the workshops as a consultant including suggestions for improvement.</li> </ul>	

### READING LIST

<p><b>Recommended bibliography:</b></p> <ul style="list-style-type: none"> <li>• Williams J. M. &amp; Krane V. (2021). Applied sport psychology: Personal growth to peak performance (Eighth). McGraw-Hill Education.</li> <li>• Taylor, J. (Ed.). (2019). Comprehensive Applied Sport Psychology (1st ed.). Routledge.</li> <li>• Tod, D., &amp; Hodge, K. (Eds.). (2010). Routledge Handbook of Applied Sport Psychology: A Comprehensive Guide for Students and Practitioners (1st ed.). Routledge.</li> <li>• Mellalieu, S., &amp; Hanton, S. (Eds.). (2008). Advances in Applied Sport Psychology: A Review (1st ed.). Routledge.</li> </ul> <p><b>Relevant scientific journals:</b></p> <ul style="list-style-type: none"> <li>• Journal of Sport Psychology in Action</li> <li>• Journal of Applied Sport Psychology</li> <li>• Case Studies in Sport and Exercise Psychology</li> </ul>
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